

Diocese of Lake Charles September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENUS SUBJECT TO CHANGE						
4	5 NO SCHOOL LABOR DAY	6 Hot Dog, Chili. Bun French Fries 1/2 Chilled Can. Fruit 1/4 Spice Cake	7 Pizza Popeye Salad 1/4 Peaches 1/2 Jello Squares	8 Chicken Stew Seasoned Rice 1/2 Glazed Carrots 1/4 Pears 1/2 Hot Roll	9 Salisbury Steak, Gravy Creamed Potatoes 1/2 Fresh Sea. Fruit 1/4 Hot Roll	10
11	12 Beef/Cheese Nachoes Lettuce, Jalapeno 1/4 Pineapple 1/2 Cinnamon Roll	13 Red Beans/Sausage Rice Garden Salad 1/2 F. Apple Slices 1/4 Cornbread	14 Hamburger Lettuce, Pickle 1/4 French Fries 1/2 W. W. Sugar Cookie	15 Pork Roast Rice & Gravy 1/2 Yams 1/4 Mixed Fruit Cup 1/2 Hot Roll	16 1/2 Day - St. Louis only Toasted Cheese Sandwich Veg. Soup/Medley 1/2 F. Seasonal Fruit 1/4	17
18	19 Corn Dog Baked Beans 1/2 Fruit Cocktail 1/4 Yellow Cake	20 Frito Chili Pie Salad Cup 1/4 Pineapple 1/2 Cinnamon Roll	21 Grilled Chicken Patty on Bun Lettuce, Pickle 1/4 Orange Wedges 1/2 Cookie Choice	22 Turkey Roast Rice & Gravy Black Eye Peas 1/4 Melon Choice 1/2 Hot Roll	23 Chili Macaroni Peas & Carrots 1/4 Popeye Salad 1/2 Italian Bread	24
25	26 Hamburger on Bun Lettuce, Pickle 1/4 French Fries 1/2 Confetti Cake	27 Soft Shell Tacos Lettuce, Jalapeno 1/4 W. K. Corn 1/2 Cinnamon Roll	28 Chicken Nuggets Mac. & Cheese 1/4 Broccoli, Steamed 1/4 Fresh Sea. Fruit 1/2 Hot Roll	29 Baked Chicken Rice Dressing Potato Salad / Yams 1/4 Fresh Apple Slices 1/2 Hot Roll	30 Country Fried Steak Creamed Potatoes 1/2 Gravy Peaches 1/4 Hot Roll	

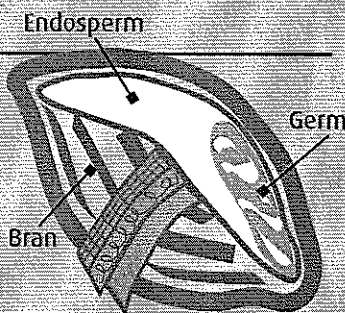
Hearty Whole Grain Breads

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.



What are whole grains?

Whole grains, or foods made from them, consist of the entire grain seed, usually called the kernel. The kernel is made of three components—the bran, the germ, and the endosperm. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same balance of nutrients that are found in the original grain seed.



Why do children need to eat more whole grains?

- Whole grains are full of flavor and add texture to our diets. They provide an abundance of fiber and nutrients such as riboflavin, thiamin, niacin, folate, vitamin E, iron, magnesium, and zinc.
- The USDA’s *Dietary Guidelines for Americans*, 2005 recommends that children and adolescents consume whole grain products such as brown rice, oatmeal, and whole wheat products often and at least half the grains should be whole grains.
- Whole grain foods have many health benefits and are good for the whole family. The consumption of whole grains reduces the risk for heart disease and cancer and may improve blood-glucose control in people with diabetes. Eating oatmeal may help reduce cholesterol levels.

How can you get your children to eat more whole grains?

Whole grains may be eaten whole, cracked, split, or ground. They can be milled into flour or used to make breads, cereals, and other processed foods.

- Start introducing whole grains when children are young.
- Combine whole grains with familiar refined grains if children are not accustomed to eating whole grain foods.
- Serve whole grain breakfast cereals, pancakes, and waffles.
- Use whole wheat bagels, tortillas, and pita pockets.
- Prepare sandwiches using whole grain breads or rolls.
- Expand your grain repertoire with whole grain complements - such as brown rice, wild rice, and bulgur.
- Choose whole grain pastas.
- Feature whole grains such as wild rice or barley in soups, stews, casseroles, and salads.
- Toast grains to bring out their nutty flavor before adding them to recipes.
- Prepare pizza with a whole wheat crust.

Whole Grains include:

- Dehulled barley
- Brown rice
- Buckwheat
- Bulgur (cracked wheat)
- Whole corn and popcorn
- Whole millet
- Whole oats and old fashioned and quick-cooking oatmeal
- Whole quinoa
- Whole rye
- Whole sorghum
- Wild rice
- Whole triticale
- Whole wheat

Resources

Wheat Foods Council – www.wheatfoods.org
USDA, *Inside the Pyramid, What foods are in the grain group?*,
mypyramid.gov/pyramid/grains.html
Whole Grains Council – www.wholegrainscouncil.org
Kansas Wheat Commission – www.kswheat.org

For more information, visit us on the Web at nfsmi.org

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Honey Whole Wheat Bread**

Yield: 3 loaves, 48 slices

3 packages	Dry active yeast
¾ cup	Warm water (105 °F to 115 °F)
½ cup	Honey
⅜ cup	Shortening
1 ½ Tablespoons	Salt
2 ½ cups	Warm water
4 ½ cups	Whole wheat flour
4 ½ cups	All-purpose flour

1. Dissolve yeast in ¾ cup warm water in large mixing bowl. Stir in honey, shortening, salt, 2 ½ cups warm water, and whole wheat flour. Beat until smooth. Mix in enough all-purpose flour to make dough easy to handle.
2. Turn dough onto lightly-floured surface; knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)
3. Punch down dough; divide into thirds. Flatten bread dough with hands and form into loaves.
4. Place loaves, seam sides down into greased loaf pans. Brush with margarine, if desired. Let rise until double, about 1 hour.
5. Heat oven to 375 °F. Bake until loaves are deep golden brown and sound hollow when tapped, 40 to 45 minutes. Remove from pans; cool on wire rack.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 48

Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Mockingbird Bakery Multigrain Bread**

Yield: 3 loaves, 48 slices (1 ½ ounces each)

1 cup	Nine-grain blend*	3 tablespoons	Canola oil
	soaked in 1 cup water	2 tablespoons	Brown sugar
¾ cup	Raisins	1 teaspoon	Molasses
¾ cup	Orange juice	2 packages	Dry active yeast
3 cups	Bread flour	1 cup	Water
1 ½ cups	Whole wheat flour	1 cup	Walnuts,
½ cup	Rye flour		chopped, optional
2 teaspoons	Salt		

1. Overnight, soak the nine-grain blend in water and the raisins in orange juice. Drain the raisins just prior to mixing into the dough.
2. Combine in a mixer bowl bread flour, whole wheat flour, rye flour, salt, oil, brown sugar, molasses, yeast, water, and soaked nine-grain. Blend for 4 minutes at a low speed with a dough hook.
3. Add soaked, drained raisins and walnuts (optional) and continue to mix for 2 minutes at high speed.
4. Place the dough in a 2-quart bowl. Cover and let rise in a warm location until doubled, about 4 hours.
5. Using a dough scraper or spatula, scrape the dough onto a floured surfaced. Form into loaves. Allow to double again, about 2 hours.
6. Bake in 400 °F oven for 45 minutes or until 200 °F in center of loaf.
7. Remove the bread from the oven and let cool on a wire rack.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 48

Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**Purchase 7, 8, or 9 grain cereal at your grocery or natural food store.*

***These recipes have not been standardized for use in child nutrition programs.*